Student

Des Moines Skydivers

Date

Flight Planner: AFF Category E-2

Performance Objectives	Dive Flow
Exit & Freefall -Participate in spot at the door - Unassisted exit (Bomb Out)* - Back loop and Front loop with stability and altitude awareness recovered after each* - Stable deployment at assigned altitude without instructor contact (Solo Pull)* - Extensive awareness of hand signals given and all freefall events **Equipment** - Differences in canopies aspect ratios. (Elliptical, tapered, square, cross braces) - RSL's limitations, and Pros and Cons **Spotting and Aircraft** - Aircraft Briefing - Independent Spotting (little to no assistance from instructor - BSR's: Role of S&TA (Waivers) **Canopy** - 9 Flares (Review) - Without assistance, flare and land within 50 meters of assigned target - Stand up landing if comfortable * Minimums for advancement	**Freefall Dive Flow** - Single instructor exit, spot w/o assistance - Check in - Ready, Set, Go Count - Bomb Out Exit - COA (Instructor in front) - Back Loop (A.A.L.R.)* - Front Loop (A.A.L.R.)* (Time Permitting) - 3-5 second Delta Position (Altitude) Repeat if altitude permits (Heading Focus) - Lock on – **6,000 ft (NO MORE MANUVERS)** - Wave – Arch – Reach – Throw @ **4,500 ft** **Canopy Dive Flow** - Canopy control check - Check altitude, position, traffic (APT) - Flare to chest at slow, medium, & fast speeds. Recover to full flight for 10 seconds between each flare. - Do the same maneuver to hips, and shoulders. - Evaluate most effective flare according to the most sustainable lift (Sweet Spot) - Initiate best flare at head height above the ground. Continue to flare to maintain flat glide until landing. - After landing: Evaluate the flare height according to the results.

QUIZ

- What would happen if the main riser attached to the RSL breaks?
- What is the best way to prevent main risers from breaking?
- Above what altitude (MSL) is the pilot of an unpressurized aircraft required to breathe supplemental oxygen?
- In an aircraft with the exit door near the back, what must jumpers do to maintain the balance during exit procedures?

Main Wing Load_____ Reserve Wing Load_____

Pre-flight Equipment Check:

3 rings assembly	☐	Reserve ripcord handle	☐	Bridle Stowed	☐
RSL attachment	☐	Leg straps	☐	Pilot chute pocket and handle	☐
Riser covers	☐	Reserve flap and pins	☐	Altimeter and Radio	☐
Chest strap	☐	AAD	☐	Accessories (SHAGG)	☐
Cutaway handle	☐	Main flap and pin	☐	Reserve Static Line	☐

Complete quiz at home, on your own, with the use of any resources available. You will go over the quiz with your instructor on the day of your jump. You will complete the Equipment check at that time also.

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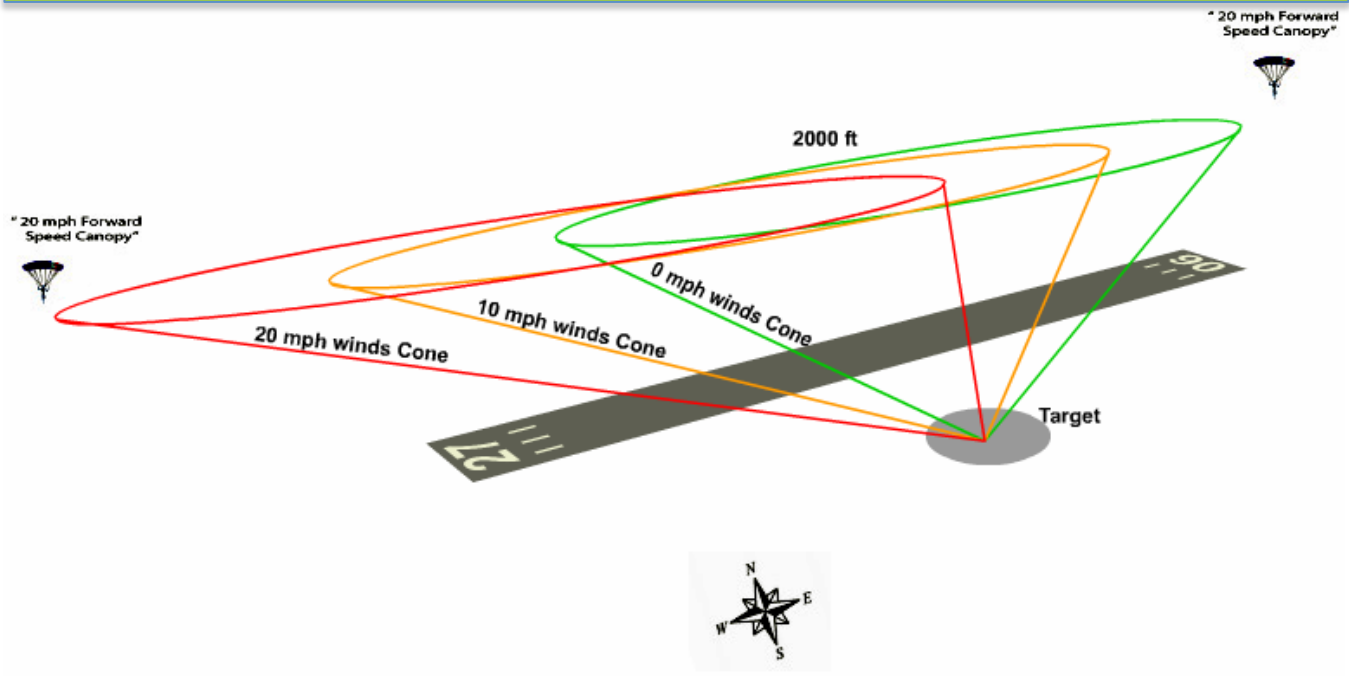
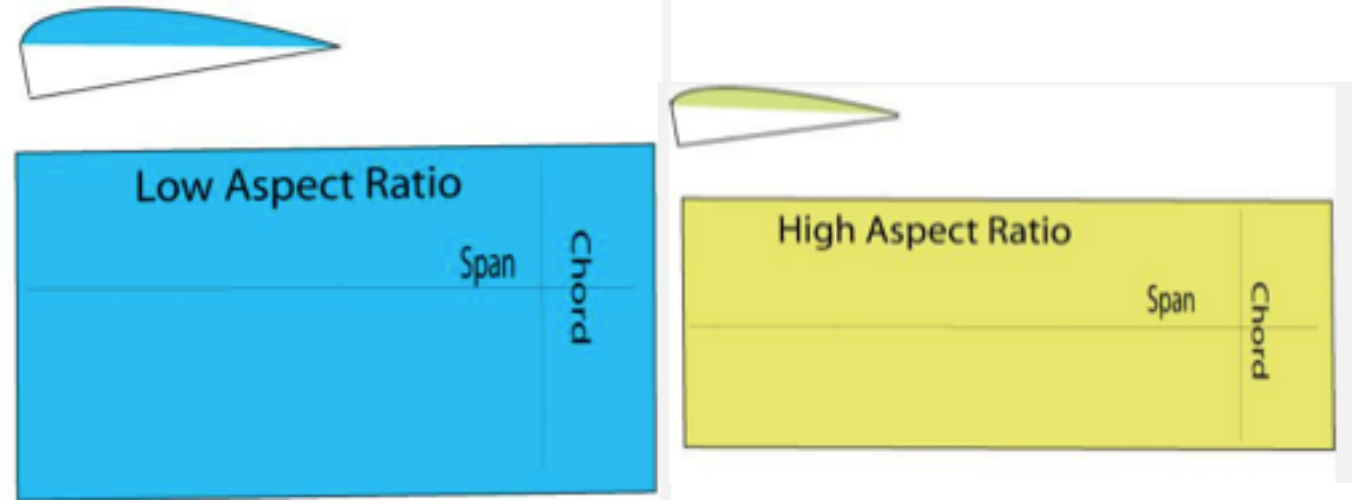
Delta Position

Canopy Cone of Travel



Canopy Aspect Ratio Comparison



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Canopy

Select Landing Area & Holding Area.
Identify Hazards Along Flight Path.
Draw Landing Pattern: Downwind, Base, and Final.

Student Signature:_____ Instructor Signature:_____

Questions / Comments: